

Aging Well in Alexandria



A Livable Community for All Ages **December 2015**

A collaborative communication effort between
*At Home In Alexandria (AHA),
City of Alexandria Division of Aging and Adult Services,
and Senior Services of Alexandria*

Save the date for the January Senior Speaker Series event which will be held on Saturday, January 9 at Immanuel Church on the Hill, 3606 Seminary Road, from 9:30 a.m. to Noon. The topic will be “Caregiver Resources and Support”. This will be a very informative session, providing information for those serving as caregivers on how to get the support they need to care for themselves and their loved ones. This free event is co-sponsored by Senior Services of Alexandria and AARP. Call 703 836 4414 ext. 110 or go to www.seniorservicesalex.org to register.

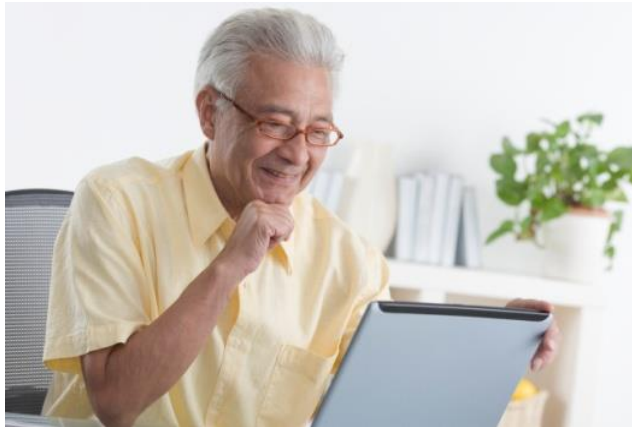
Are you visiting older relatives with memory problems over the holidays? Here is a tip for making those visits more enjoyable. Often, someone with memory loss may not remember what they did the day before, or what they had for breakfast. So when asked about those things and they don’t remember, they may feel like they have failed, or feel like they’ve let you down. One expert in the field, Diana Waugh, suggests a different approach. She suggests saying something like, “I was thinking about the time when I used to bake cookies for the holidays” or “I was thinking about last year when I took a cruise.” If your relative remembers these occasions they’ll join in the conversation. If they don’t remember, they won’t feel bad because you’re not asking them directly to remember something they may have forgotten.

HELP WANTED! . . . The Alexandria Commission on Aging (COA) is looking for a few good people who are interested in improving the lives of Alexandria seniors and their families. If you, or someone you know, has an interest in, or expertise in advocacy; communication, diversity ; education; employment; housing; recreation; transportation; or simply in improving the quality of life for older Alexandrians- consider applying for a position on the Commission on Aging. To find out more about the requirements for being a Commission on Aging member, visit the City's Website www.alexandriava.gov (go to dropdown for Boards and Commissions). An on-line form is provided. Or, for additional information contact Carol Downs, COA Chair [703.519.0098](tel:703.519.0098) or Email: caroldowns2U@gmail.com

At Home in Alexandria (AHA), the city's first "village concept" for aging in place, enables older residents to remain in their homes as they age. Through a network of enriching and supportive services, members enrolled in the fee based program receive assistance with transportation, home repairs, computer support, gardening and much more. AHA also offers social and cultural outings and events. Contact the AHA office for additional information at 703.231.0824 or go to www.athomeinalexandria.org

The Division of Aging and Adult Services is part of Alexandria's Department of Community and Human Services serving seniors, their caregivers and adults with disabilities. Promoting economic independence, self-sufficiency and security through home and community based services; the division serves the diverse needs of Alexandria residents as they grow older. For more information call 703.746.5999 or go to www.alexandriava.gov/aging

Senior Services of Alexandria, SSA, operates the Meals on Wheels delivery program and DOT Paratransit reservations for the City of Alexandria; they present education programs, a speaker series, and a monthly cable television production, *Senior Living in Alexandria*. SSA and the Animal Welfare League of Alexandria operate the Animeals on Wheels program, providing food for pets of low-income seniors. SSA's Friendly Visitor Program matches volunteers with seniors for weekly visits, enhancing connections to the Community. Contact Mary Lee Anderson at 703.836.4414 ext. 111 for more information or go to www.seniorservicesalex.org



Together we can meet the needs of seniors and their caregivers in Alexandria.